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$12,000,000 estimated
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Tonight's Jackpot

Honey, I'm home! With our adult kids!

A perfect storm of issues has led to more young Canadians relying on their folks — and more retirement plans put on hold PAGE 6

Be funny. Or you're fired

Improv with your boss? Theatre companies think the training could be good for morale ... and for business. Let your character ask for a raise and see how it goes PAGE 15

DRAMATIC RESCUE

AFTER AROUND 10 YEARS IN CAPTIVITY, NEIGHBOUR SAVES THREE YOUNG FEMALE KIDNAPPING VICTIMS IN OHIO PAGE 5

NEWS WORTH SHARING.

READY, SET, COLOUR!

Richard Gilmour, an employee at The Arts Project, will be seeing a lot of crayons over the next few days as the gallery at 203 Dundas St. hosts Caring Between the Lines. The fundraising exhibit is all about challenging Londoners to get creative and, quite literally, colour the walls around them. For more on the exhibit, see page 2.

MARK SPOWART/FOR METRO

Spare some change for a poor old city?

Municipal programs. Politicians considering a plan to accept donations for projects on roads, cleanups and rec facilities

MARK SPOWART
london@metronews.ca

City hall wants your money.

Or, more specifically, officials want to make it easy for you to donate money to what could be the newest charitable cause bound for London: the city itself.

Before the program's even up and running, it's got at least one doubter voicing concern.

"Nobody I have talked to is interested in doing this," Coun. Nancy Branscombe said. "But what I really want to know is: what will the cost be to set this up, and is there value going forward?"

Setting up a way to funnel donations toward a variety of city programs is the brainchild of Coun. Dale Henderson.

Not alone

While no one seems to track how many municipalities accept donations for programs, at least one big city has already thought of the idea.

- Toronto started accepting donations of up to $50,000 in 2011.
- In the first year, 174 Toronto taxpayers opted to become donors, pumping an additional $20,000 into city coffers.

Henderson raised eyebrows when he pitched the idea to council's corporate-services committee earlier this year.

City staff has recommended moving ahead and tabled a report to that effect when the committee met Tuesday.

To a certain extent, Henderson's idea would expand an existing practice that lets people make donations toward senior centres and things like commemorative benches in parks, deputy city treasurer Mike Turner said.

Under the new proposal, donations would also be accepted for 14 more programs, including those dealing with animal welfare, recreation facilities, roads and community cleanup efforts.

Taking things a step further shouldn't come with that much of a hassle — or cost, Turner said.

Most donations would be accepted via a web portal, as they currently are.

But, Turner noted, "there could be people calling in to make a donation or (requiring) additional information," he said.

That would require staff involvement, he said.

Committee members shot the proposal back to staff Tuesday, asking for more information.

If it moves ahead, the city needs to walk a fine line, Coun. Joe Swan warned.

"I think this should be done as an educational piece, as opposed to (it) appearing that we are soliciting for donations, because that is not really what we do," Swan said.

NEWS 1

Charitable defacement

Caring Between the Lines invites Londoners to colour their city

It might be the first art exhibition you can colour on, and that is exactly what Lincoln McCardle wants you to do.

Caring Between the Lines, a winning Awesome London submission earlier this year, has taken over The Arts Project through Saturday.

The idea saw professional and amateur photographers snap pictures of London and submit them to organizers. Twenty-five were then converted to black and white, enlarged and printed — ready for people to let their crayons go to work.

People can buy the colourfully completed pieces through a silent auction with the money going to a charity of the photographer's choice.

The response has been more than what McCardle imagined.

"There was a total of 52 images submitted," he said. "I would have loved to have blown them all up and had them printed, but we just couldn't."

Awesome London is part of the The Awesome Foundation, which doles out $1,000 monthly to unique projects.

MARK SPOWART/FOR METRO

Event

- Images will be available for colouring noon to 5 p.m. through Saturday at The Arts Project (203 Dundas St.).
- Charities will benefit from the sale of finished products.

Grill man shows how to avoid being dead meat

The Salvation Army's Perron Goodyear, left, works the barbecue Tuesday as he feeds the masses along Ridout Street. The barbecue was part of an event marking Emergency Preparedness Week. Along with hot dogs and hamburgers, the event featured displays from the police and fire departments, giving homeowners tips on how to prepare in case disaster strikes. MARK SPOWART/FOR METRO

Justice of the peace accused of lying to cop

Public review. Ontario's Donna Phillips faces removal from office after alleged family fib

An Ontario justice of the peace has been accused of lying to a police officer during a routine traffic stop in London.

A rare public review panel hearing will be held in Toronto on May 23 to determine whether Donna Phillips, appointed to the Ontario Court of Justice in 1993, committed judicial misconduct.

Sanctions for those found guilty by the Justices of the Peace Review Council range from a warning to a recommendation for removal from office.

The allegations against Phillips stem from a complaint filed with the review council after a March 30, 2012, incident.

Phillips was travelling in her vehicle as a passenger, with her daughter at the wheel, when they were stopped by police for a traffic infraction, according to a notice of hearing document filed by the review council that outlines the complaint.

None of the allegations have been proven.

It is alleged that Phillips misled London police Staff Sgt. Bill Berg about the identity of her daughter, Mary Anne Kechego, after the daughter gave Berg a false name and date of birth.

According to the complaint, Kechego falsely claimed she was Phillips' niece and informed the officer that her "aunt" was a justice of the peace who would confirm her identity.

The complaint alleges that Phillips did, when asked, falsely confirm the fake name and relationship.

"Ms. Kechego was in fact a suspended driver at the time of this incident and there were warrants outstanding for her arrest," the review council document alleges.

Kechego was charged with misleading police, and no criminal charges were laid against Phillips, a London police spokesman confirmed

Phillips' lawyer said in an email that his client would exercise "her right to not comment until the hearing is convened." TORSTAR NEWS SERVICE

How it works

- When a complaint is filed with the Justices of the Peace Review Council, a complaints committee has the option to dismiss it, invite the named justice of the peace to receive advice, order a formal hearing or refer it to the chief justice of the Ontario Court of Justice.
- Very few complaints result in formal hearings. There have been only five since 2007.

Roundtable. Youth leaders to get face time with GG

The Governor General of Canada will get schooled Wednesday by a healthy contingent of London-area youth leaders.

David Johnston will be at Western University's Somerville House to hear what the young voices have to say about ways of fostering community engagement.

The roundtable, hosted by the United Way, is part of an initiative aimed at developing a "smart and caring" Canada. KEVIN HURREN/FOR METRO

Big table

75

Number of youth leaders expected to meet with the Governor General Wednesday in London.

Driver hits 3 cars, 1 pole in 4 crashes: Cops

A London woman has been charged with impaired driving after crashing into several vehicles Monday while her four-year-old daughter rode in the back seat, police said.

The crashes started at about 5:30 p.m. at Hyde Park Road and Oxford Street as officers were responding to a call of a possible impaired driver, police said. The vehicle went on to cause crashes near three other west-end intersections, police added.

In the first three incidents, the driver ran into the back of other vehicles. During the fourth crash, the driver hit a pole, police said.

The vehicle was eventually stopped by an off-duty officer. No one was injured. Damage is estimated at about $8,000, police said.

Along with impaired driving, the 38-year-old is charged with three counts of failing to remain at the scene of the collision. METRO

Points of impact

- Hyde Park Road and Oxford Street
- Riverside Drive and Sanatorium Road
- Hyde Park and Gainsborough roads
- Aldersbrook and Gainsborough roads

Dream On Seniors: Woman gets her East Coast wish

Nurse Next Door London. Senior making long-overdue visit to hometown, thanks to foundation

MARK SPOWART
london@metronews.ca

It's one last trip home that Eleanor Pullman never thought she'd be able to take.

At 91 years old, Pullman is, by her own account, "no spring chicken." But she will board a VIA train early Wednesday en route to Larry's River, N.S.

Pullman grew up in the small fishing community about 200 kilometres east of Nova Scotia. But health problems have prevented her from visiting family for several years.

Since her husband had worked for CN, Pullman has a lifetime rail pass providing her free passage anywhere in Canada or the United States.

What's been holding her back is a way for her full-time caregiver, Heather Landry, to make the trip.

Eleanor Pullman, 91, of London, and caregiver Heather Landry hold the train tickets that will take them to Larry's River, N.S., Pullman's hometown. CONTRIBUTED

Granting wishes

- Eleanor Pullman's trip to Nova Scotia is the first wish to be granted by the new Dream On Seniors Wish Foundation.
- For more about the charity, visit dreamonseniorswish.org.

Enter Rebecca de Witt, director of Nurse Next Door London, which offers home-care services. When Pullman blew out the candles at her 90th birthday party, de Witt asked what she had wished for.

The answer — a chance to visit her brother in Larry's River — touched de Witt and prompted her to take action.

She submitted the request to Nurse Next Door's new Dream On Senior Wish Foundation and it was picked for funding.

"It is a really big surprise," said Pullman, adding her brother, with whom she'll be staying during the trip, was just as surprised.

Landry, also from the East Coast, "will be driving and making sure that all of (Pullman's) needs are met while they are on the trip," de Witt said.

One trip Landry will have to make is to the fishing docks where Pullman plans to buy lobster right from the boat.

Gas plants. Decision was mine: McGuinty

There were no apologies Tuesday as former Ontario premier Dalton McGuinty admitted he did not know what it would cost when he decided to call off two energy projects, which ended up costing taxpayers nearly $600 million.

Testifying under oath before the legislature's justice committee, McGuinty acknowledged he was the one who made the decisions to scrap planned gas plants in Oakville and Mississauga, bowing to the wishes of local residents.

"In my office, we don't have the capacity to make calculations associated with these kinds of contractual arrangements, or to make these kinds of estimates as to what ultimate costs might be," he told the committee.

The estimated cost of cancelling the projects and relocating them in Napanee and Lambton has soared to at least $585 million, far above the $230 million McGuinty and the Liberals had been claiming.

McGuinty refused to acknowledge the opposition's charge that the gas plants were cancelled just to save Liberal seats, and insisted all three parties had made promises to scrap the energy projects, not just the Liberals.

The gas plants were too close to homes and schools, said McGuinty, and wouldn't have cleared new rules used to keep giant wind turbines at least 550 metres away from residential neighbourhoods.

"Moving two gas plants cost more than any of us would have liked, and in return for the next 20 years children won't be going to a neighbourhood school in a shadow of a smokestack." THE CANADIAN PRESS

BARRIE A (USUALLY) QUIET — AND LOVABLE — HOCKEY TOWN

JOHN MATISZ
john.matisz@metronews.ca

For a facility whose maximum nightly body count is about half the size, the Molson Centre felt relatively close to par with Budweiser Gardens on Monday.

From an outsider's perspective, it was satisfying to watch a community back its team with the level of enthusiasm London Knights fans are known for.

At peak moments in Game 3, all 4,087 in attendance stood with pride to wave a white rally towel.

Barrie, as a hockey town, is making a strong impression on yours truly.

Even more so if you consider the Molson Centre has long been nicknamed the "library" of OHL rinks by some local and out-of-town observers.

New trend?

Barrie, as a hockey town, is making a strong impression on yours truly. Even more so if you consider the Molson Centre has long been nicknamed the 'library' of OHL rinks by some local and out-of-town observers.

As Gene Pereira, Colts writer at The Barrie Examiner newspaper and analyst at Rogers TV Barrie, points out, the fan base is, above all, educated and loyal.

"They've always supported the Colts," said Pereira, who has covered junior hockey in the area in varying capacities since 1991. "Going back the Jr. B days at the old Barrie Arena … they used to pack that for playoffs games, like 3,000 people."

Monday was the loudest Pereira has heard the "library" roar since 2010, when the team made the OHL final last.

The Colts are actually much more representative of the OHL than the Knights.

On one hand you have London — a juggernaut franchise that consistently draws 9,000 fans in a world-class facility. Barrie, on the other hand, is more in line with the majority of organizations, attracting a few thousands fans to a decent building.

The OHL is revealing the 2014 Memorial Cup host next week.

London, Barrie and Windsor are the finalists. Windsor, at this point, is on the outside looking in after recently violating player recruitment rules and then missing the post-season.

Overall, there's a myriad of factors at play.

It's anyone's guess what the selection committee is thinking at this point. But, by all accounts, both London and Barrie would do a great job.

If Barrie fails again, though, it may be time to give up on the dream.

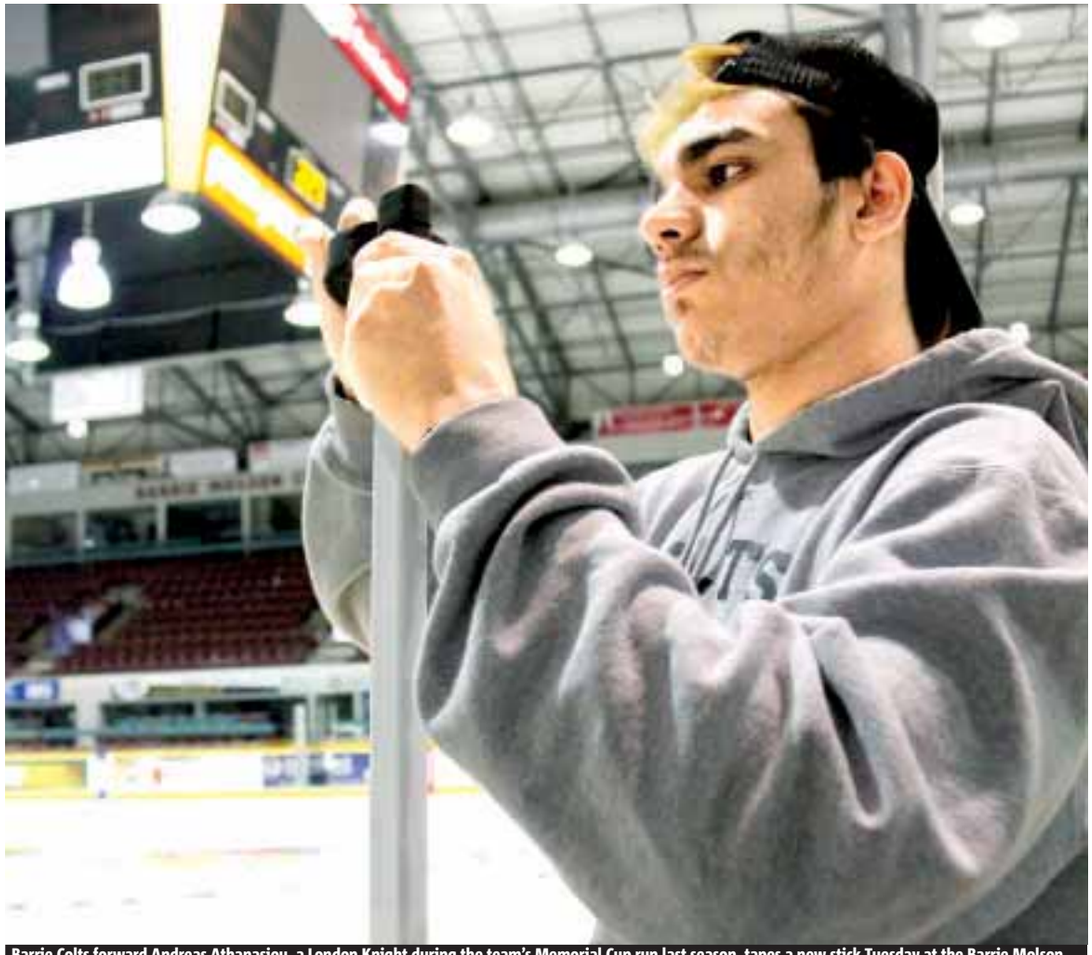
There have been five Ontario-based Cups since the Colts were established in 1995, and they've placed a failed bid each time except in 2008.

Based on a couple of days of interaction and observations in Barrie, it's clear the community deserves to play host to the country's best junior hockey. If it does, you can bet the "library" will be bumping with joy.

— Metro reporter John Matisz has been with the Knights every step of the way this season, including following the team to Barrie for road trips during the OHL championship series.

Barrie Colts tidbits

- **Notable alumni:** Bryan Little, Sheldon Keefe, Kyle Clifford
- **Mascot:** Charlie Horse
- **Average attendance:** About 3,800 per game



Barrie Colts forward Andreas Athanasiou, a London Knight during the team's Memorial Cup run last season, tapes a new stick Tuesday at the Barrie Molson Centre. Athanasiou scored the insurance marker in Monday's game against the Knights. For a video interview with the former Knight, visit metronews.ca.

JOHN MATISZ/METRO

Knights' netminding to be front and centre

Game 4. Goalie Anthony Stolarz had a rough outing in Game 3 on Monday, allowing five goals

JOHN MATISZ
john.matisz@metronews.ca

If we learned anything about the London Knights on Monday, it's that they aren't superhuman.

The 6-3 loss to the Barrie Colts in Game 3 of the OHL championship series was the first example of London looking disoriented through 17 post-season matches.

Despite narrowing the deficit to 4-3 with less than five minutes to go in regulation, the Knights were ultimately unable to weather Barrie's offensive storm.

A familiar face, ex-teammate Andreas Athanasiou, made it 5-3 for the home team. The wheeling winger outhustled Knights shutdown defenceman Tommy Hughes to a loose puck and converted on an ensuing 2-on-0.

"We coughed some pucks up that put a lot of pressure on (goalie Anthony Stolarz)," Knights forward Seth Griffith said. "There's not much a goalie can do on that. We don't blame him (because) it's a full team effort."

Prior to Athanasiou netting the insurance marker, Stolarz, 19, allowed four pucks to cross the goal line on Barrie's first 21 shots. He finished with an ugly .821 save percentage (23 saves on 28 shots).

The Knights, who haven't trailed this late into a playoff series since last year's second round, are in dire need of a bounce back showing from Stolarz in Wednesday's Game 4.

Last year's starter in net, and Knights all-time wins leader, Michael Houser, "gave up bad goals, but he would dig in and come back strong the next game," London goalie coach Bill Dark points out.

Dark spoke to Stolarz following the Game 3 letdown. The coach-pupil pairing took to the ice Tuesday to work on the little details.

"He's been outstanding all the way through and he's not going to be perfect," said Dark, emphasizing one poor night doesn't ruin a goalie's impact on a playoff run.

Note: Score first

- In the OHL final so far, the team that has opened the scoring has been the winner at game's end.
- "That was a back-breaker for us," London Knights winger Seth Griffith said about the squad surrendering a goal 35 seconds into Monday's Game 3.

KNIGHTS WATCH

BATTLE FOR THE CUP

Should cops have found missing women sooner?

Tough questions.
Cleveland police under scrutiny after 911 call leads to women missing for about a decade

Ariel Castro

Pedro J. Castro

Onil Castro

Amanda Berry, right, hugs her sister Beth Serrano after being reunited in a Cleveland hospital Monday. Berry and two other women were found in a house near downtown Cleveland Monday after being missing for about a decade. THE ASSOCIATED PRESS/FAMILY HANDOUT

One neighbour says a naked woman was seen crawling in the backyard of the house a few years ago. Another heard pounding on the home's doors and noticed plastic bags over the windows.

Both times, police showed up but never went inside, neighbours say. Police also paid a visit to the house in 2004.

Now, after three women who vanished a decade ago were found captive at the house Monday, Cleveland police are facing questions about their handling of missing-person cases and are conducting an internal review to see if they overlooked anything.

City Safety Director Martin Flask said Tuesday that investigators had no record of anyone calling about criminal activity at the house but were still checking databases.

The women were rescued after one of them kicked out the bottom of a locked screen door and called 911. Neighbour Charles Ramsey heard the woman screaming and helped in the rescue.

"Help me. I'm Amanda Berry," the woman breathlessly told a dispatcher in a call that exhilarated and astonished much of the city. "I've been kidnapped and I've been missing for 10 years and ... I'm free now." Berry, 27, Michelle Knight, 32, and Gina DeJesus, about 23, had apparently been held captive in the house since their teens or early 20s, said Police Chief Michael McGrath. Three brothers, ages 50 to 54, were arrested. One of them, Ariel Castro, owned the home. No immediate charges were filed. A six-year-old girl believed to be Berry's daughter was also found, said Deputy Police Chief Ed Tomba. He would not say who the father was.

The women were reported to be in healthy and were reunited with family but remained in seclusion.

THE ASSOCIATED PRESS

Aug. 23, 2002

Michelle Knight, 20, vanishes. She was last seen at a cousin's house.

April 21, 2003

Amanda Berry, 16, disappears after leaving her job at a Burger King a few blocks from her home.

January 2004

Police go to Ariel Castro's home about three miles from where Knight and Berry were last seen. No one answers the door.

April 2, 2004

Georgina "Gina" DeJesus, 14, disappears while walking home from school.

March 2, 2006

Berry's mother, Louwana Miller, 43, dies. She had spent the three years looking for her daughter.

May 6, 2013

Knight, Berry, DeJesus and a six-year-old girl are found at Castro's home. Police arrest three brothers, Ariel, Pedro and Onil Castro, in connection with the disappearances.

Jobs

Is foreign labour distorting market?

Canada's temporary foreign worker program was under renewed scrutiny Tuesday as a new report suggested the system "could be distorting" the natural supply and demand of the country's labour market.

The study from the University of Calgary suggests Canada isn't facing a wide-scale labour shortage but rather is experiencing a "serious mismatch" between the skills of its residents and the demands of the labour market.

Kevin McQuillan, the study's lead author, said improving the balance does not require an increase in the workforce.

"The (temporary foreign worker program) is sometimes being used to fill jobs with foreign workers in regions that already suffer from relatively high unemployment rates," he said.

THE CANADIAN PRESS

Dozens dead in Mexico blast

Firefighters work next to destroyed houses and vehicles after a gas tanker truck exploded on a highway in a Mexico City suburb early Tuesday. The blast killed and injured dozens, according to the Citizen Safety Department of Mexico State. GABRIELA SANCHEZ/THE ASSOCIATED PRESS

Senate big spenders on the hook for big bucks

Two senators will be asked to reimburse taxpayers for large sums after an audit of their expenses, according to a source familiar with the results of the investigation.

Sen. Patrick Brazeau, who sits as an independent, will be asked to pay back about $30,000, and Liberal Sen. Mac Harb owes the government more than $100,000, the audit reportedly indicated.

Internal Senate committees are expected within the next two days to debate whether the audit findings should be passed on to the RCMP for possible investigation, the source said.

The report is the latest development in the uproar over spending by senators on housing and travel expenses.

The independent forensic auditors have asked for more time to examine the travel expenses of Conservative Sen. Pamela Wallin. Wallin has reportedly already repaid a considerable sum to the government in connection with questionable expenses.

Sen. Patrick Brazeau
THE CANADIAN PRESS FILE

But the investigation of her claims is not over, the source said.

Conservative Sen. Mike Duffy has also been investigated over funds he has claimed to pay his living allowance in Ottawa. But he reportedly returned more than $90,000 in expenses earlier this year after questions were raised about whether he should claim a cottage in Prince Edward Island as his principal residence. He has said he "may have been mistaken" in filling out forms about his principal residence.

Senators whose principal residence is more than 100 kilometres from Ottawa can claim living expenses to pay for the extra expense of staying in Ottawa for their Senate duties.

TORSTAR NEWS SERVICE

Tallying up the cost of boomerang kids

The parent trap. Report finds majority of boomers have stepped up to help support adult children

Along with reduced pensions, low returns on their savings and high debt, Canada's boomer generation is facing an additional burden as they ease into their retirement years — their "boomerang kids."

A report from TD Canada Trust suggests boomers are taking on more of the responsibility for their adult children struggling to attain financial self-sufficiency in the post-recession years of high youth unemployment and low wage gains.

The report, based on an online survey by Environics Research, shows a majority of boomers have stepped up to help support their adult children, and that as many as one-in-five say they would be prepared to put their own financial security at risk to help out.

The number one way of helping out is providing free room and board, but also contributing to major purchases like cars or computers, helping pay for rent and groceries and of course, paying off credit card bills.

"Today high youth unemployment, increasing post-secondary education costs and high property prices mean many young people are more likely to rely financially on their parents well into adulthood," said John Tracy, senior vice-president of TD Canada Trust of the results.

But Tracy warns boomers there is a risk of doing too much, particularly if it jeopardizes retirement plans.

Other studies have noted that with more than 60 per cent of Canadians not having a company pension plan to fall back on, many pre-retirees have not saved sufficiently to maintain anything resembling their current lifestyles. Some have chosen to work beyond traditional retirement years to maintain their standard of living.

At the other end of the age spectrum, young Canadians remain the most affected by the 2008-09 recession and the subsequent weak recovery.

THE CANADIAN PRESS

Youth unemployment

- At 14.2 per cent, youth unemployment remains more than twice that of other workers.
- But that does not tell the entire story. The 15-24 year cohort is the only age group that Statistics Canada calculates is still below the employment level that existed before the recession.

DARE
SNEAK PEEK
We take a peek inside the closets of Kenyn Johnson, Shaina Sinevey & Jessica Biffi
FIRST ISSUE
JEANNE GOES PLUS
Icon Jeanne Beker appears our curves with her new collection
BATHING BEAUTY
forever CURVY

Daring to celebrate curves

A new homegrown publication is seeking to help elevate the profile of curvier women in the fashion world. Dare Magazine, an online offering for curvy women size 12-plus, has been launched by fourth-year Ryerson University fashion communications student Diana Di Poce. Describing herself as "plus-size all my life," Di Poce said she has long been interested in fashion and beauty magazines, but found representation of average-size women on their pages lacking. THE CANADIAN PRESS

Q1 results

WestJet stock drops over new capacity concerns

WestJet Airlines Ltd.'s "best ever" quarterly earnings were overshadowed Tuesday by a drop in its stock, as investors worried whether the airline will be able to profitably fill its planes as it increases capacity. Shares fell by as much as 13 per cent on the Toronto Stock Exchange, but recovered later in the day to close down $1.85 or 7.5 per cent at $22.87. THE CANADIAN PRESS

Market Minute

DOLLAR 99.56¢ (+0.24¢)

TSX 12,464.11 (+10.19)

OIL $95.62 US (-54¢)

GOLD $1,448.80 US (-$19.20)

Natural gas: $3.92 US (- 9¢)
Dow Jones: 15,056.20 (+87.31)

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Feds tell research council to focus on helping industry

The Harper government is telling the National Research Council to focus more on practical, commercial science and less on fundamental science that may not have obvious business applications.

The government says the council traditionally was a supporter of business, but has wandered from that mandate in recent years — and will now get back to working on practical applications for industries.

The council has become a loose web of individual fiefdoms, each pursuing its own goals, Gary Goodyear, minister of state for science and technology, told a news conference Tuesday. The result, he said, was an inflexible agency that lost its ability to respond to the needs of industry. He said the revamped agency will concentrate on industrial research, new growth and business development.

THE CANADIAN PRESS

Gary Goodyear, minister of state for science and technology, answers questions about changes to the National Research Council in Ottawa on Tuesday. THE CANADIAN PRESS

Retail. Loblaw launches targeted loyalty program

Canada's largest grocer has launched a new digital loyalty program targeting customers with individually tailored promotions and recipes in an effort to drive sales and reduce reliance on flyers.

The Loblaw program, called PC Plus, targets customers based on their purchase histories, offering discounts on items they buy often and deeper discounts on products they might be interested in, but need some incentive to try. The program will draw up grocery lists for customers and send them recipes for meals based on what they like and what's on sale, said Uwe Stueckmann, senior vice-president, marketing, for Loblaw Companies Limited.

"We really believe that PC Plus is a groundbreaking new way to look at loyalty," said Stueckmann. The program will be rolled out across Loblaw Cos. banners this year, including Joe Fresh but not No Frills or Maxi.

Customers can download a free app to participate, sign up in store or register using their PC Financial Services card.

TORSTAR NEWS SERVICE

Astral hearings

Force Bell to sell Movie Network (so we can buy it), Rogers tells CRTC

Bell should be forced to sell Astral's Movie Network pay TV service if the CRTC is going to allow the $3.4-billion revised merger of the two companies to go ahead, Rogers Communications Inc. said Tuesday. However, Rogers also told a hearing reviewing the proposed deal it would like to buy Astral's Movie Network for itself. THE CANADIAN PRESS

VIRTUAL REALITY BITES, TOO

JUST SAYIN'

Paul Sullivan
metronews.ca

What would you do if you found out someone was calling you a lying, cheating, perverted, sex maniac pedophile all over the Internet?

If all of this made-up propaganda was having a real impact on your career as a teacher?

If someone posted pictures of you naked on your own Facebook page?

What would you do if there was nothing you could do?

Welcome to Lee David Clayworth's nightmare. He's a 35-year-old Vancouver teacher who, back in 2010, was in a relationship with a woman named Lee Ching Yan when he was teaching in Malaysia. After a few weeks, she seemed increasingly vindictive and controlling, so he broke up with her — thereby driving his life into the ditch.

He says his former girlfriend broke into his apartment and swiped his laptop and hard drive — as well as his passport, money and all his clothes. That was bad enough, but it wasn't long before two-and-a-half years of online harassment began.

It's not hard to find verification for his accusation. Even today, the first reference that comes up when you Google Lee David Clayworth is a post on something called liarscheatersrus.com accusing him of cheating … adding that he has a nasty STD to boot.

Clayworth sued Yan for defamation in Malaysia — and won. But that did nothing to stem the cyberbullying ruining his life. So he's taken to telling his story to the media, and now the defamation is tempered by numerous defenders rushing to his aid.

Still, it's going to take a while before his worldwide web reputation is restored. It would help if he could find his tormentor, but she could be in Australia. Or not. He doesn't know where she is; just that she's still wreaking havoc.

You could argue you should never post nude pictures of yourself anywhere. Don't even get naked. Stay fully clothed. As we've all learned, your private stuff is not really private when phishers and hackers are determined to steal it. Lee David Clayworth probably learned that lesson nearly three years ago. He doesn't really need to keep learning it.

As for the rest of us, we're all learning, day after day, that the Internet is a new and powerful way to hurt other people. Malicious trolls and bullies violate our private places and make our lives a living hell, especially if we're already vulnerable. Just ask Amanda Todd. Just ask Rehtaeh Parsons.

The guys who invented the Internet had no idea it was going to turn into an instrument of torture. Never mind that it's a great place to learn how to make a bomb.

It's probably too late for Lee David Clayworth — if you were a school principal, would you hire the star of liarscheatersrus.com, even if you knew he was falsely accused? — but law enforcement is moving in to end the wild freedom and anonymity that characterizes the Internet.

Too bad, but it turns out virtual reality bites, too.

ZOOM

A heartbreaking pic of staggering cuteness

COURTESY/WIRES

Koala left homeless

He came back, only to find his home gone. This confused koala was found last month atop shredded bark, where once his woodland habitat stood, in Vittoria State Forest, some 185 kilometres west of Sydney, Australia. A forestry worker reported the marsupial to wildlife rescue service WIRES, who sent a volunteer to rescue the animal. **METRO**

Recovering at the vet before return to wild

The young sub-adult male koala was discovered with an eye infection, and was brought to a local veterinarian where he spent a few days in care. After his eye fully healed, the animal was released into a nearby koala habitat. "My feeling is that I am glad we were able to rescue the koala and take it into care in good time," WIRES general manager Leanne Taylor told Metro. **METRO**

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Chris Hadfield's adventures in space making headlines in recent months, space exploration has gained a new dose of respect (and even a few new songs). If @Cmdr_Hadfield's 140 characters aren't enough to satiate your appetite, you can fill the black hole with these space blogs.

Bad Astronomy:

Formerly found on Discovery Magazine's website, Phil Plait's Bad Astronomy blog has now landed on Slate. Having worked on the Hubble telescope for 10 years, Plait knows a thing or two about the stars — and regularly debunks popular space myths.

Space:

Home to all things out of this world, Space.com posts accessible videos, graphics and articles about skies, stars and the search for life. If you don't care to read about the stars, at least visit for the photos (and maybe you'll stay for the articles).

Basic Space:

Scientific America's space blog — cleverly named Basic Space — decodes space and astrophysics research. Don't really understand bosons? Me neither, but I do now thanks to writer Kelly Oakes (apparently, Margaret Thatcher was ahead of us on this and very clearly knew about the W Boson).

Letters

RE: Where Does Religion Fit In?, published May 6

I feel compelled to expand upon the writer's argument supporting a "hands-off" approach to her child's religious education by asking a few additional questions.

Why teach our children anything? Surely our kids would be better off never learning to read. Isn't that the only way to prevent them from being exposed to negative media, unfriendly text-messages or emails, or the need to count calories in food to the chagrin of their self-image?

Of course the fallacy in this argument is self-evident. We as parents have an opportunity (and responsibility) to provide our children with the tools and confidence to excel within society. This means investing in every aspect of their physical, emotional, intellectual and spiritual upbringing.

To overlook the good within religion amidst the bad, is to throw the baby out with the baptismal water. Embracing religious illiteracy offers no protection, no comfort, and no direction. And it offers no assurances of a healthy development fuelled by personal choice, popular opinion and a world of relative truth.

What it does offer, is an easy way-out-approach to a common problem … one that may not prove so easy in the end. Kudos — of course — on a very thought-provoking article. Best wishes to each parent on their own journey.

Gregory Day, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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Leonardo DiCaprio and Carey Mulligan star in the latest film rendition of The Great Gatsby. HANDOUT

Difficult finding the Great when it comes to Gatsby on big screen

New movie. Capturing the mood of one of the best books of the last 100 years has proven exceedingly difficult for filmmakers

IN FOCUS
Richard Crouse
scene@metronews.ca

F. Scott Fitzgerald's The Great Gatsby is one of the best-known novels of the 1900s. Dubbed one of the two best books of the last century by The Modern Library, these days Gatsby may be more familiar as the movie that reestablished Vincent Chase's career on the show Entourage.

On the HBO series, Chase (Adrian Grenier) was a fast-fading movie star until Martin Scorsese cast him in a movie based on the book. That fictional film became a big hit and put Chase back on top of the Hollywood heap.

This weekend The Great Gatsby comes to the big screen for real when Moulin Rouge director Baz Luhrmann unleashes a 3D version of the story starring Leonardo DiCaprio and Carey Mulligan.

It's not the first time the life and times of doomed Jazz Age millionaire Jay Gatsby has appeared in theatres.

In 1926, just one year after the book was published, a silent movie starring William Powell was released. The movie was popular with audiences but at least two paying customers weren't impressed.

Scott Fitzgerald and his wife, Zelda, walked out of a screening. Later an incensed Zelda wrote to her daughter, "We saw The Great Gatsby in the movies. It's rotten!"

A 1949 film noir version spun the story to fit its lead actor. Movie tough guy Alan Ladd — billed as Ladd: Man of Violence and Mystery — stars in a cautionary tale about learning "the hard way about the wages of sin."

To play up to Ladd's core audience he's seen firing a machine gun in a story that focuses on Gatsby's violent history as a bootlegger. Despite Ladd's fame and passion for the project (he personally convinced Paramount to make the film), the movie was not a success, and was eventually withdrawn by the studio. To this day it's still hard to find a copy.

The most famous version to date starred two of the biggest stars of the 1970s: Robert Redford and Mia Farrow. Working from a script by Francis Ford Coppola — who lived in F. Scott Fitzgerald's home while he wrote the screenplay — the movie stays true to the novel. Embellished by beautiful set design and lush costumes, it's a treat for the eyes, but received tepid reviews. The New York Times wrote, "the movie itself is as lifeless as a body that's been too long at the bottom of a swimming pool."

The last women standing on American Idol

It hasn't been an easy road for the three final American Idol contestants.

Candice Glover was twice rejected by the show before making it to the final three. Kree Harrison chased her dream for so long in Nashville, she thought it might be time to give up. And Angie Miller sang a stirring dedication following the Boston bombing. Now the three will duke it out Wednesday on Fox as one is crowned the winner on next week's finale. Here are their stories.

THE ASSOCIATED PRESS

Candice Glover

The third time has been the charm for Candice Glover. She made it past the first round of American Idol auditions in Season 9 and Season 11, but didn't make it to the semifinals. This season, her slow, burning, powerful version of The Cure's Lovesong was called the greatest performance ever on the show by judge Randy Jackson.

Angie Miller

Angie Miller's poise and confidence seem as effortless as her high notes. One of her most rousing Idol performances came after the Boston Marathon bombings, when she dedicated the song I'll Stand by You to "my home, Boston."

Kree Harrison

American Idol finalist Kree Harrison has a piece of advice for aspiring contestants.

"You have to know who you are because if you don't, it's even harder."

The native Texan has spent the last 13 years in Music City chasing the dream, and part of that long journey has been maintaining her personal vision as an artist. That vision has landed her as one of three finalists on Idol.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ja Rule

Ja Rule leaves lockup after serving time for tax conviction

Federal authorities say platinum-selling rapper Ja Rule has left federal prison.

The Federal Bureau of Prisons says he left a correctional facility in New York's Adirondacks on Tuesday, though time remains on his sentence.

The bureau says the release date for the 36-year-old rapper, whose real name is Jeffrey Atkins, technically remains July 28, with possible community-based supervision for the balance. TMZ reports his wife picked him up and that he'll remain in home confinement until then. **THE ASSOCIATED PRESS**

Lauryn Hill

Lauryn Hill's going to jail

Looks like blaming slavery isn't enough to keep Lauryn Hill out of jail. In addition to having to pay a $60,000 fine, the singer was sentenced yesterday in Newark, N.J. to three months of prison, three months of house arrest, and nine months of supervised release for not paying taxes on the $1.5 million she made from 2005 to 2007. "I am a child of former slaves who had a system imposed on them. I had an economic system imposed on me. I sold 50 million units (and) now I'm up here paying a tax debt. If that's not likened to slavery, I don't know what is," she told the judge in her defence. (The judge was not swayed.)

"I had an economic system imposed on me." Is Lauryn Hill going to be the new spokesperson for the Tea Party? Better not tell her about Obamacare or else she's really going to flip.

Mariah Carey and Nick Cannon

This isn't Love and Hip Hop

In an appearance on the KTLA Morning News, Nick Cannon defended his wife Mariah Carey and her on-going feud with co-judge Nicki Minaj on American Idol.

"My wife (had) foreseen all this. She tried to tell the network, 'I don't think this is going to work. I'm afraid ... I don't need this.'" Cannon said Carey warned that pairing her and Minaj on the same panel was "taking it in the wrong direction, because this is going to turn into one of those reality shows. She's like, 'I didn't sign up to be on Love and Hip Hop.'"

But that doesn't mean Carey is letting the fighting bother her. Per Cannon: "She comes home and just doesn't have time for it. She's too busy trying to be the world's biggest superstar-mom."

Kat Von D. ALL PHOTOS GETTY IMAGES

Sure, she gets cramps, but gender won't define Kat

In her third book, Go Big or Go Home, acclaimed tattoo artist and reality star Kat Von D delves deep to tell stories from her own life, as well as the experiences she's shared with clients. But she's still not sure if she's the groundbreaker she's made out to be.

In a recent interview with Metro, Von D says she doesn't want being a woman to define her career. "Although I feel lucky to be a girl because it's fun to be a girl, I get kind of annoyed by these uber-feminists who make gender such a big part of who they are," the reality TV star said when we asked her what it's like being a female tattoo artist in such a male-dominated industry.

"I don't think gender should define you. I've always wanted my work to speak for itself. So, as for the challenges of being in a male-dominated field? I get cramps once a month, but that's it."

The Word

Vonn and Woods take their romance public

Well, lookie here. Tiger Woods and Lindsay Vonn went out as an "official" couple.

The sports duo showed up together at the annual Costume Institute Gala at the Metropolitan Museum of Art in NYC on Monday night.

But according to Us Weekly, their big night out wasn't without its problems, as Woods maybe had a little too much to drink.

At the gala's after-party at the Standard Hotel, the two did get handsy with one another (an onlooker tells the magazine they "chatted, drank, held hands and kissed for much of the night.") But then around 2 a.m., a "seemingly tipsy" Woods fell on the ground and didn't move until Vonn helped him up.

Seems like an excellent ending to a first outing to me.

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In Oregon's Stumptown (one of Portland's nicknames, evoking a bygone era of rapid land development and tree-cutting) living thrifty is living well. And there's plenty of free things to do around town.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 Free things to do in Portland

Powell's City of Books

Step back into the foggy mists of yesteryear — OK, maybe just a decade or two — when bookstores were still a viable enterprise. If Portland, as television's Portlandia suggests, does keep alive the dream of the '90s, then Powell's is its muse. People-watch, browse away or curl up in one of the comfy chairs. The block-long bookstore is a mainstay on tourism guides. It's a haven for used, out-of-print, rare or autographed books.

Forest Park

Five thousand acres (2,023 hectares) of rolling hills, fire lanes and the simple stillness of the Oregon wild are within city limits, less than a 10-minute drive from downtown Portland. The park is best enjoyed by a slow amble up the Wildwood Trail, with creeks bubbling and chipmunks chittering under a shady conifer canopy. Only a short drive away is Washington Park, home to the International Rose Test Garden, with more than 10,000 rose plants.

Farmers Markets

For the daring, the curious and the shameless, Portland's farmers markets mean one thing: free tastes. Perhaps it's the Rogue River Blue Cheese at the Thursday market in Northwest. Or perhaps the carnivores in your group will make for the beef and chicken of Viridian Farms, darlings of the local restaurant scene. Samples of almost everything are made bite-sized and jammed on a toothpick, and markets can be found nearly every day of the week, anchored by the massive Saturday Market downtown.

Old West architecture

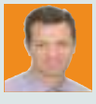
With all the flannel, unicycles and pour-over coffee, it's easy to forget that Portland was once an Old West town, a fact reflected in its architecture if you're willing to look hard enough. The best example is the Pioneer Courthouse downtown, the oldest federal building in the Pacific Northwest. The dark wood of its halls, constructed in 1869, make it a quiet refuge from the busy, adjacent courthouse square. Six blocks east bring you to The Lotus, opened as a "soda bar" during Prohibition (yeah, right) built underneath the Lotus Hotel, a reputed brothel.

Used stuff

Buffalo Exchange, the used clothing store chain, at *those* prices? Never. The most Portland part of Portland, the one that inspires the jokes, is on Hawthorne Boulevard, where you'll find House of Vintage, Red Light Clothing Exchange and half a dozen others. It's not just recycled clothing that sets this city apart. But you don't have to spend anything to take in the scene: browsing is free and people-watching is a sport.

Newfoundland

Seamus O'Regan talks The Rock



ON THE MOVE
Loren Christie
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Seamus O'Regan, former co-host of Canada AM, is a broadcaster, writer and proud Newfoundlander. I recently chatted with him about his home province and why it should be on every traveller's hit list.

What are the top three places people should visit in Newfoundland and Labrador?
Top of my list is the Torngat Mountains but that is so far north in Labrador, part of Canada's newest national park. Very difficult to get there; tough and expensive. You need to get to Goose Bay and from there to Nain, where you will need a helicopter and a boat. That is a very aspirational destination.

I think Gros Morne is unbelievable. It's a slice of Norway that's been put into our country.

Signal Hill (in St. John's). There are very few cities in the world that have a national historic site and such a beautiful hike right in the city. My preferred route is up the hill by side of the road and then coming down the back along the cliff and into the city and then straight to the Duke of Duckworth.

Is that the best pub in St. John's?
It's my pub. The Duke was my home away from home. Allan Hawco (lead actor on the CBC's Republic of Doyle) is more of aficionado. They replicated the Duke on a sound stage for the show. It's a genuine Newfoundland pub, the real deal. Owners are amazing.

When is the best time to go?
I like early July because that's when the iceberg season is meeting the whale season. Icebergs making their way down the Eastern seaboard and whales coming up. My friend Stan Cook has a sea kayaking operation in Cape Broyle that is legendary. To be on the surface of the water and see an iceberg and a whale — by the way it is exceptionally safe — is the most extraordinary feeling.

Beautiful Newfoundland. FLICKR

Napa Valley for next to nothing

Wine and dine.
There's still a few places to find some freebies in a destination known for its pricey offerings

Love the lush and lovely Napa Valley but hate how expensive it can be? You're not the first. In the late 19th century, writer Robert Louis Stevenson moved his honeymoon to the rustic but free setting of an abandoned mining camp when the $10-a-week going rate for Calistoga hotels proved too much for his slender purse.

You're not likely to find free lodging today, but there are a number of things you can enjoy.

The scenery

There are two main ways to see the Napa Valley by car.

Highway 29 is a straight shot from the south end of the valley — marked by the famous Grape Crusher Statue — through Napa, Yountville, Oakville, Rutherford, St. Helena and Calistoga. Along the way are dozens of restaurants and wineries, including the Robert Mondavi Winery and Inglenook, the winery restored by director Francis Ford Coppola. Be aware traffic gets heavy at rush hour and slows to a crawl when there's a big event going on, such as the annual wine auction held the first weekend in June.

To reach the Grape Crusher Statue from Highway 29 (heading north from the San Francisco Bay area), turn left onto Soscol Ferry Road, continue on Vista Point Drive, then continue onto Napa Valley Corporate Drive and then right at the statue.

The other driving option is the Silverado Trail, which is most easily picked up by taking the Trancas Street exit from Highway 29 in Napa and then turning left when you see the sign for the Silverado Trail. The trail more or less runs parallel to Highway 29 but is quieter, winding through green vistas of vineyards and rolling hills.

There's plenty of art to be enjoyed in Napa Valley. THE ASSOCIATED PRESS

Wineries along this route include Mumm Napa Valley.

Wineries

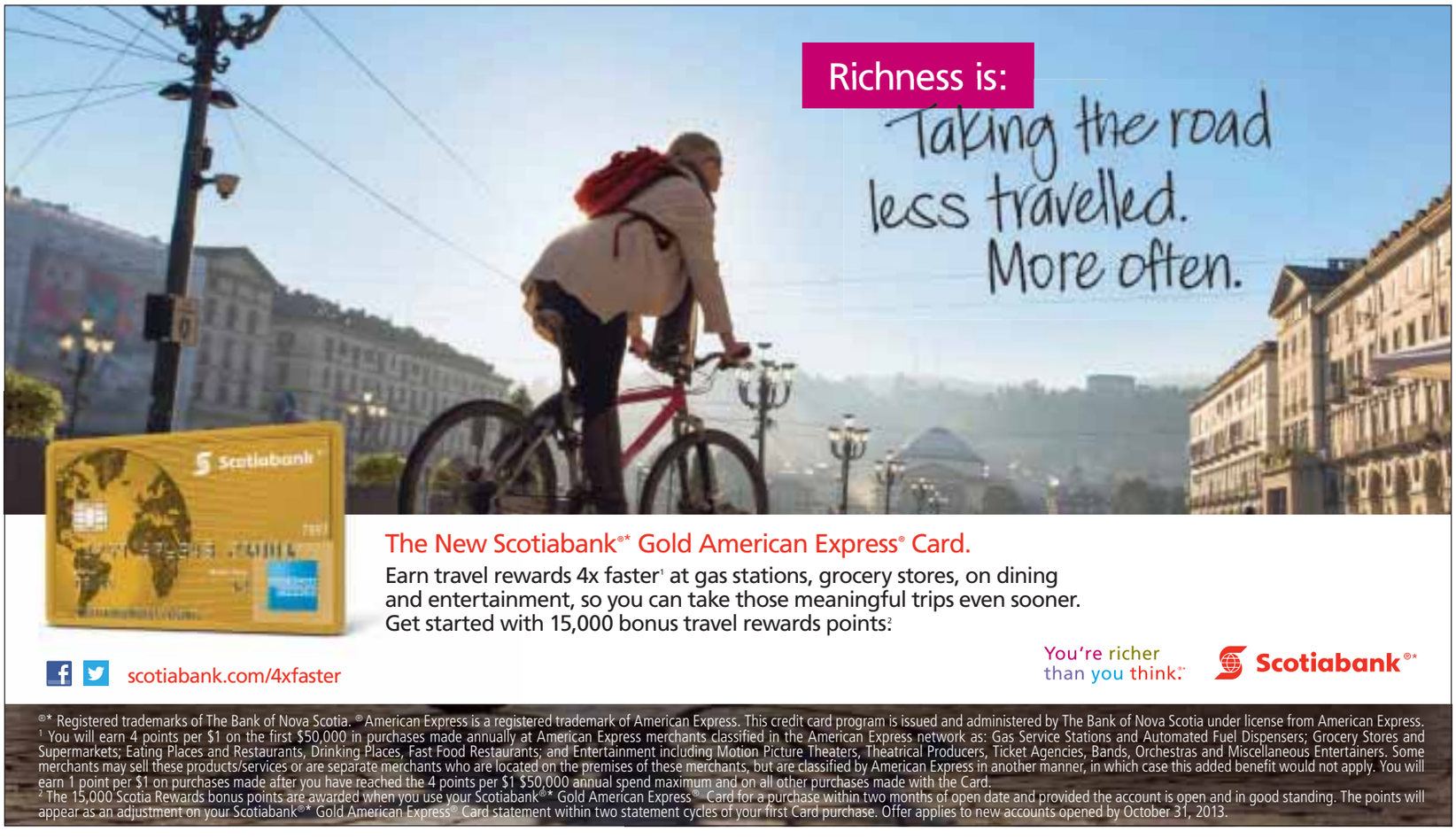
The days when winery owners routinely poured their wares for free are no more, although several wineries offer two-for-one tasting coupons (check online before you visit), and others will waive tasting fees if you buy a bottle to take home. But there is still at least one winery offering tariff-free tasting. That would be Sutter Home Family Vineyards — the people who introduced America to white zinfandel in the 1970s — in St. Helena. Stop by the charming tasting room on Highway 29 in St. Helena (277 St. Helena Highway) and taste up to four wines free from the eight-wine tasting menu, which includes a zinfandel port.

Markets

The Napa Valley is famous for fine dining and you can watch some of the city's top chefs plying their trade at the Napa Chef's Market, a free weekly event on Thursday nights in downtown Napa. Traffic is rerouted so the market is like a big street party. There are two cooking demonstrations at 6:30 p.m. and 7:30 p.m. where you can watch the food being made and then enjoy a taste when it's done. THE ASSOCIATED PRESS

Artful touring

More than 75 wineries have art on display all year long. Some of the places to see free art anytime include The Hess Collection's contemporary art museum, featuring works from the private collection of owner Donald Hess (4411 Redwood Road, Napa, 10 a.m.-5 p.m.), and The Baron Wolman Gallery at Markham Vineyards (2812 St. Helena Highway, St. Helena, open daily 11 a.m.- 5 p.m.), with photographs by Wolman, Rolling Stone's first chief photographer.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First time cooking with lamb? Try this zesty lamb meatloaf

Ingredients

Meatloaf:
- 1 kg (2 lb) lean ground lamb
- 1/2 Spanish onion, diced
- 7 ml (1/2 tbsp) cracked black pepper
- 10 ml (2 tsp) cumin
- 2 eggs
- 175 ml (3/4 cup) bread crumbs

Pesto:
- 30 ml (2 tbsp) mustard seeds
- 30 ml (2 tbsp) fresh dill (or 15 ml/1 tbsp dried)
- 30 ml (2 tbsp) extra virgin olive oil
- 5 ml (1 tsp) sea salt

Glaze:
- 15 ml (1 tbsp) oil
- 125 ml (1/2 cup) onions, diced
- 125 ml (1/2 cup) red peppers, diced
- 250 ml (1 cup) red pepper jelly
- 125 ml (1/2 cup) beef stock

You may have to ask your grocery store or butcher for ground lamb but it's a good way to start if you've never cooked with lamb before.

1. For pesto: Put the mustard seeds, fresh dill, oil and salt in a mortar and pestle and "grind" to make a chunky paste-like mixture. (Use a food processor if you do not have a mortar and pestle.) Set aside.

2. For meatloaf: Preheat oven to 200 C (400 F). In a bowl, mix with your hands the lamb, onion, pepper, cumin, eggs and bread crumbs until just incorporated. Don't overmix the meat.

3. Transfer the meatloaf mixture into a shallow pan. The meat should be wider than it is tall. Spread the pesto over the top. Put meatloaf into the oven on the middle rack. Bake for 50-60 minutes or until internal temperature reaches 68 C (155 F). Remove from oven and rest about 10 minutes.

Ground Lamb Meatloaf with Pesto and Red Pepper Glaze

This recipe makes 4 servings. THE CANADIAN PRESS

4. For the glaze, heat a heavy skillet to medium-high. Add oil, onions, red pepper and sauté until onions begin to brown. Add the red pepper jelly, stirring until the jelly melts down. Add stock and reduce heat. Cook until mixture has slightly thickened.

5. Slice the meatloaf, and pour warm red pepper glaze over each slice.

THE CANADIAN PRESS/LAMBRECIPES.CA

Drink of the Week

Grey Goose Sling

- 1.5 oz Grey Goose L'Orange Vodka
- 0.5 oz freshly squeezed lemon juice
- 0.5 oz simple syrup
- 2 dashes Angostura orange bitters
- 5 blackberries
- Top with Perrier sparkling water

Add Grey Goose L'Orange, lemon juice, simple syrup, bitters and blackberries to a shaker and shake well. Strain over ice into an old fashioned glass. Top with Perrier and stir through delicately. Garnish with skewered blackberries.

RECIPES & PHOTOS COURTESY OF THE GREY GOOSE LOUNGE AT MUZIK IN TORONTO

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Office improv: Get your goof on at work

Professionals can be playful. Incorporating off-the-cuff behaviour into meetings can lighten the mood

NATALIE SHURE
Metro News World in New York

When most people think about improv comedy classes, they think about over-the-top performances and aspiring future Saturday Night Live cast members.

While this reputation for goofiness might seem ill-suited for the buttoned-up professional world, many improv theatre companies are challenging these expectations by offering corporate training courses to various companies.

By drawing upon lessons from the world of improv, instructors strive to promote the development of team building, communication and problem solving skills applicable to the workplace.

"Improv is so cavalier and edgy," conceded Carter Edwards, who helms the corporate leg of the Upright Citizens Brigade. "But as soon as we started this, we started to see how translatable the philosophies of improv were to corporate training."

"Yes, and..."

"We started to see how translatable the philosophies of improv were to corporate training."

Carter Edwards of Upright Citizens Brigade

Chief among these philosophies is the strategy of "yes, and," which encourages actors in a scene to accept and build upon anything their partners create.

"The majority of the corporate world would never think to do this, but as soon as we describe it to them, there's a major a-ha moment that goes on with the participants," Edwards said.

Improv can help untie the rope of corporate workplace rules and loosen up employees to new ways of thinking and working. ISTOCK

To help professionals work harmoniously and productively, Rob DiNinni of Stage Coach Improv has also made "yes, and" a central tenet of his corporate improv program. "If you acknowledge and understand someone's point of view, you create a collaborative environment," DiNinni explained. "You can debate instead of negate."

Employees often bring these lessons back to their jobs after completing the program. Rebecca Cronin partnered with Stage Coach Improv as part of her work at her company. She described a heated meeting at the office shortly after several employees participated in a Stage Coach training session. "One of my colleagues stepped in and said, 'Yes, we're going to do that, and...' in a really exaggerated tone, and got everyone laughing," Cronin said. Recalling the lesson from improv helped get the meeting back on track.

Despite these professional benefits, it can be difficult to convince people to unwind in a work setting. "With professionals, you have folks who are at their best in front of a computer," DiNinni said. "We try to create a psychological safety net so everyone feels comfortable taking risks."

The majority of participants do eventually get past that hump. "I love watching the transformation in people when they finally relax enough to have fun with it," Cronin said. "These workshops are the time and place for it."

Who's the boss? You are!

The Power of One. In her new book, Kathleen Brush explores her tough-as-nails leadership philosophy

JULIA WEST
Metro World News

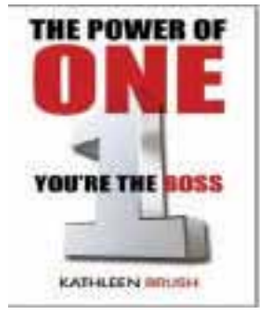
Everyone seems to have an opinion on what it takes to be a successful leader, but Kathleen Brush wrote the book on it. The author spent years as a turn-around consultant, helping failing companies find their core issues and resolve them. We caught up with Brush to chat about The Power of One: You're the Boss, her how to guide on being the boss.

Your book has some strong scenarios of poor leadership. Did you witness this behaviour first hand?
Yes, most definitely. I didn't have to conjure up any examples. It's funny, I often hear people say, "You could have inserted my name in any anecdote. I do the same thing and I didn't even realize."

So you saw many of the same problems surfacing at various companies?
Sure, if you want to look at general problems. The particulars can be distinct. Often, though, companies forget that they need to re-invent themselves. When they lack strong leadership, it can be devastating to progress.

Isn't that the core idea of your book?
It is, without question. I'm trying to address a problem I see everywhere: Talented people who get into leadership because they're a good account person, for example, but they're lacking as a boss.

Your book says that being the boss means being straightforward with employees, which is difficult for many people. What advice do you have for better communication?
I counsel people on this all the time because they're afraid to tell people they're not doing a good job. I tell them to put themselves in the employee's shoes. People want to know if they're not doing a good job and the company is in trouble. People want to do a good job. When delivered correctly, employees won't feel like they're in trouble — they'll feel like they're being coached.



So how can people get it right?
I tell people to put their coach hat on, not the big, bad boss hat. These managers come back and say it was a great experience. The one thing I really want people to understand is that to be successful as a boss, you can't be the person you always disliked. You can't be the jerk boss. Be the boss that people like and respect.

What is the number one thing you want people to take from the book?
If they want to be a great leader, they can be.

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Taking on the challenge of change

Where do you go from here? A major transition is on the horizon, and it's how you handle it that might just determine your destiny

ASHLEIGH TRAHAN
TalentEgg.ca

You're saying adios to one stage of your life and facing an uncertain future, which is both exciting and terrifying. How will you manage it? ISTOCK

Going from a student to a fully formed adult can be a rocky transition. It's a stressful time filled with lots of changes: moving, job hunting, and saying goodbye to college friends as you go your separate ways.

As the old saying goes, the only thing that's certain in life is that things are going to change, so increasing your adaptability now will serve you well when you encounter unexpected life events down the road. So how do you deal with change? Here are a few tips:

Accept that you can't control everything

Things may not pan out exactly as you had envisioned for your career and life post-graduation. Your identity is in transformation mode, so things we were sure about in the past (friends, your career) now aren't so clear. While the unknown can be scary, there is also such a joyful sense of opportunity about what's next. Daydream about the possibilities that are to come, or create a collage to act as your vision board. Optimism about what your future holds can be a real mood booster.

Enlist your friends and family for support

You're not the only one who's going through the transition after leaving school, so don't go it alone! Talk to a friend, family member, or a mentor you admire about what you're going through.

Sometimes you need a cheerleader in your corner, who will encourage you when you feel like you're stuck or overwhelmed. If you feel like you are better at expressing yourself through writing, keep a journal to keep tabs on how you're feeling.

Take action towards building your future

Now that you've left school, you have whole world of possibilities ahead of you. How can you start working towards your goals today? Perhaps you're not in your dream job immediately upon graduation, but that's okay (and pretty common!).

What small, obtainable steps can you take today to start working towards your goals? Taking action can be the best way to move forward during this transformational time; it will help you avoid feeling stuck or helpless.

As Maya Angelou said, "If you don't like something, change it. If you can't change it, change your attitude."

Be kind to yourself

Sometimes when we're going through a rough transition, we forget to be kind to ourselves.

- Be conscious of your thoughts, and choose to be as positive and grateful as you can. If you're having a rough day and feel like this whole adulthood thing is too overwhelming, schedule some time for an activity that makes you feel nourished and positive, like going to a yoga class or reading a good book. Taking some time to relax can help relieve some of the stress that comes along with the hectic pace of change.

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The temp is rising

Short and sweet. Who knew that the shortest posts could have the greatest impact?

LAURA VAZQUEZ
TalentEgg.ca

Always look at temporary work as a potential long-term position. This is your way to showcase your talent and individuality. ISTOCK

Have you considered what a temporary opportunity can offer you as a student or recent graduate? Temporary or contract work is often dismissed as precarious employment, but it can provide students and recent graduates with the opportunity to gain work experience, build their professional network and get a foot in the door in their industry. Temporary can mean anything from specialized projects looking for a specific skillset, to personal leave coverage and vacation coverage.

"An assignment can range from days to several months," says Julie Chandler, division director of Accountemps. "Many (people) actually like the flexibility. If you're looking for a temp-to-full-time benefit, a lot of organizations use this opportunity to evaluate the person to see if they can be a long-time fit for the company. This includes evaluating an employee from a personality perspective but also from a skill perspective."

According to Chandler, there are plenty of ways that managers can help temporary workers get off to a good start.

"Get on the same page and set up a game plan — students can contribute quickly if they know what is expected from them ahead of time," she says. "Knowing who you are reporting to is also a part of the process that can make you a successful candidate and, most importantly, doing your research before you walk through the doors."

Students can be strong candidates if they know what the "job role" consists of and make sure to stay in contact with the placement agency and their managers, Chandler adds. This will help them get consistent feedback that can shape them as professionals, while also maintaining open communication with their current employers. Sharing constructive feedback and working as a part of a team is a skill that is strong and transferable.

With temporary work, students can gain more experience that can make them more marketable in the future.

Julie recommends that students approach every assignment with the same commitment that they would at a full-time job because you never know when a temporary commitment may become a full-time opportunity.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

4 SPORTS

World championship

Canada blows out Norway

Steven Stamkos had a goal and three assists to pace Canada to a 7-1 win over Norway at the IIHF World Championship on Tuesday.

Canada (2-0-1) played its best first period of the tournament so far and led by four goals after the opening 20 minutes.

Taylor Hall had two goals with Andrew Ladd, Matt Duchene, Jeff Skinner and Claude Giroux also scoring for Canada. Jordan Eberle had two assists.

Canada was second in the Stockholm pool with seven points. Switzerland led with eight.

Russia (3-0) downed the United States 5-3 to top the Helsinki pool. Promoted Austria doubled Latvia 6-3 for their first win.

THE CANADIAN PRESS

NHL awards

Fresh crop of defencemen up for Norris Trophy

Montreal's P.K. Subban, Pittsburgh's Kris Letang and Minnesota's Ryan Suter are finalists for the Norris Trophy, given annually to the NHL's top defenceman.

Each is a Norris finalist for the first time.

Subban topped the league's defencemen with 11 goals and 27 assists. Letang finished second in the scoring race among defencemen despite missing more than a quarter of the season. Suter of Madison, Wis., ranked second among players at his position in assists (28) and third in points (32).

THE ASSOCIATED PRESS

James Reimer, right, shares a laugh with Ben Scrivens during the Leafs' practice at the Air Canada Centre on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Leafs past doom and gloom of Game 3 loss

NHL playoffs. Coach Carlyle has his players in good spirits despite trailing Bruins 2-1

The day after a punishing playoff game that featured 99 hits, burly Leafs defenceman Mark Fraser was feeling it a bit.

Not that he was complaining. Still it had to hurt a little more, given that Boston won Monday night's game 5-2 to regain the upper hand in the series. The Bruins lead two games to one going into Game 4 Wednesday.

Despite the abuse, the 26-year-old Fraser was in a good mood at Tueday's skate.

"Sometimes you might feel a bump or a bruise and you're not even sure how you got it," the six-foot-four, 220-pounder said cheerfully after practice.

After a night when Boston outhit Toronto 51-49, Fraser was asked if he leapt out of bed Tuesday to head to the rink.

"Actually today I did," he said with a grin. "A big part of that has been the significant change of the weather, the sunshine."

For Toronto coach Randy Carlyle, the summer-like day was a welcome reminder to his players that all is not lost, despite a second defeat in three games in their first playoff experience since 2004.

"I used to say everybody's in doom and gloom but the sun did come up today," the coach said. "It was sunny out there.

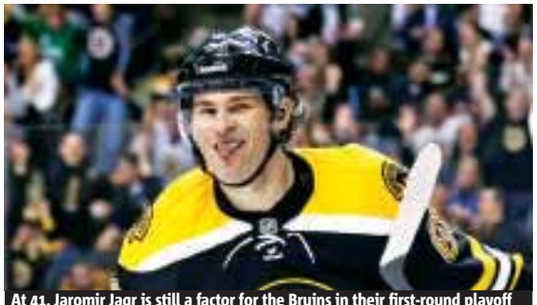
"That would be the way we'd want to flush things and turn the page on it. Today's a new day. Let's start. Let's build. Let's focus. All those things are things that we try to provide." THE CANADIAN PRESS

Fighting words

Bruins coach Claude Julien has played down a "Toronto Stronger" sign carried by a Leafs fan before Game 3, suggesting perhaps it was the misguided product of a playoff-crazy supporter.

- "(It), to me, had nothing to do with hockey," Julien said after practice Tuesday. "Boston Strong is about something that struck our city, not our team. Maybe it's a little sensitive for the Boston people."

Bruins' Jagr still a playoff producer at 41



At 41, Jaromir Jagr is still a factor for the Bruins in their first-round playoff series against the Maple Leafs. CHARLES KRUPA/THE ASSOCIATED PRESS

Boston Bruins forward Jaromir Jagr often looks like he's going slower than others, his six-foot-three, 240-pound frame most often found controlling the puck along the boards.

It's a deceiving style that gets results.

The 41-year-old Czech is no longer the first-line forward he once was but he still plays an important role for the Bruins, who have a 2-1 lead on Toronto in their first-round playoff series.

Jagr's remarkable stick skills and vision make him a stiff challenge for opposing defencemen. Factor in his experience and hockey smarts and he can still be quite a handful on the ice.

"If you can imagine pushing up against that wall, that's what it feels like because he's that big and that strong," Maple Leafs coach Randy Carlyle said Tuesday. "And the one thing I think is he's probably in the best shape he's ever been in in his career right now. If you look at him, he's a big man and he loves to play the game."

Jagr's presence was noticeable throughout Boston's 5-2 win at Air Canada Centre on Monday night.

Early in the second period, he stripped Toronto's Ryan O'Byrne of the puck behind the net. Jagr found Rich Peverley in front and he buried it to give the Bruins a 2-0 lead.

Jagr is averaging 15 minutes of ice time a game in the series. THE CANADIAN PRESS

DRIVE 5

2013 Ford Explorer Sport

ALL PHOTOS WHEELBASEMEDIA.COM

2013 Ford Explorer Sport

- **Type.** Four-door, four-wheel-drive wagon
- **Engines (hp).** 3.5-litre DOHC V6, twin-turbocharged (365)
- **Transmissions.** Six-speed automatic
- **Base price (incl. destination)** $51,000

Design

Specialized body bits such as a darkened mesh-style grille combine with a similarly shaded lower air intake/spoiler to produce a somewhat menacing presence. Completing the look is a set of stylish 20-inch wheels wrapped in performance tires that leave a 23-centimetre-wide footprint.

Those stylish 20-inch wheels.

Power and torque

Like the Grand Cherokee SRT, the Explorer Sport includes standard four-wheel-drive, and it operates in conjunction with Ford's Terrain Management System that has been specifically calibrated to suit the Sport's needs. Included are specific power and torque settings for sand, snow and mud.

Engine

You'll find the comparatively humble 3.5-litre twin-turbocharged "Ecoboost" V6 under the hood, which is also found in the SHO Taurus and Ford F-150 pickup. The Explorer Sport is the only Explorer to get this engine, which is matched to a six-speed automatic transmission with paddle-shift controls.

Review. Competency on and off road coupled with fuel economy is now a reality, says Ford

MALCOLM GUNN
wheelbasemedia.com

In most cases, the term "sport utility vehicle" ranks as one of the most improperly used appellations ever devised, especially the "sport" part. But some members of this big-and-tall category, like the 2013 Ford Explorer Sport, actually get it right.

If you equate the word "sport" with a muscular demeanor, this unique Explorer trim level is right up your alley, or off-road path.

Keeping it all well planted on the road involves strengthening the Explorer's chassis, adding stiffer springs and shocks and installing a brace inside the engine compartment connecting the front strut towers. The brakes are bigger and the electric power steering has been retuned to be more direct.

Although quick enough to 60 mph (96 km-h) — in the low-six-second range, claims Ford — the Explorer Sport is no match for the 2014 Grand Cherokee Jeep SRT, which rips to the same speed in 4.8 seconds. And in the towing department, the SRT's 3,270-kilogram rating trumps the Sport's 2,270-kilogram capacity.

However, the 2,230-kilogram Sport's base price of $51,000 is about $14,700 less than the 2,360-kilogram SRT's $65,700 total. As well, the Explorer Sport's fuel numbers of 13.2 l/100 km in the city and 8.8 on highway are better than the SRT's 18.0/12.4 figures while offering seating for seven, versus the Grand Cherokee's five.

It's finished off with a premium-attired interior that in includes leather-trimmed seats with contrasting inserts. The fronts are power-adjustable and heated. Also standard is a rearview camera, 12-speaker Sony audio system and MyFord Touch connectivity for the audio, communication and climate controls.

The sleek interior comes with leather-trimmed and heated front seats.

Beyond that, the Sport can be dressed up with pace-setting adaptive cruise control, dual-panel moonroof, power liftgate, heated and cooled seats and a navigation system. You can also opt for inflatable rear seatbelts that, along with the side-curtain airbags, are designed to provide additional cushioning support for those in back in the event of a collision.

Keep in mind that dramatically upping the Sport's content level pushes it closer to the Jeep SRT's base price.

Ultimately, the Explorer Sport does live up to its handle, but it's far from an out-and-out power-is-the-object, go-anywhere wagon. In that regard, it offers a fair balance of lively performance, passenger comfort and cargo capacity, at a price that's within reach of eager "sport" utility vehicle patrons.

Compare

1 Jeep Grand Cherokee SRT
Base price: $65,700

2 Dodge Durango R/T AWD
Base price: $48,700

3 Landrover LR4
Base price: $61,300

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Some issues should be taken seriously but others are just not worth the effort and what happens today falls squarely in the latter category. Don't waste your time and energy on trivial things, or trivial people.

♉ Taurus
April 21 - May 21
Major changes are in the air and you will be at the center of them. It isn't true, as some people claim, that Taurus types stick with the tried and trusted.

♊ Gemini
May 22 - June 21
You may feel restricted in one area but maybe that is a sign from the universe that you should be concentrating your efforts in a different area entirely. Give it some thought over the next 24 hours.

♋ Cancer
June 22 - July 23
You may not be as forceful as some people but you have your moments now and again. With Mercury and Mars acting together today you will find ways to persuade the world to take care of your needs.

♌ Leo
July 24 - Aug. 23
No matter how smart you may be there will always be someone who is smarter and you forget that fact at your peril. If you know when you have met your match you won't have any problems today.

♍ Virgo
Aug. 24 - Sept. 23
No matter how daunting the task that confronts you today you will tackle it head on and make a huge success of it. Later in the week you will be more relaxed about life.

♎ Libra
Sept. 24 - Oct. 23
Your thought processes are moving so fast at the moment that you come up with answers to questions that have not even been asked yet.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to give a friend some advice today but the planets warn that probably isn't such a good idea. On this occasion it might be wise to keep your mouth shut.

♐ Sagittarius
Nov. 23 - Dec. 21
You have never been the sort to play safe and you are not about to start now. If you take some sort of gamble today it may well pay off but don't forget that there are no guarantees.

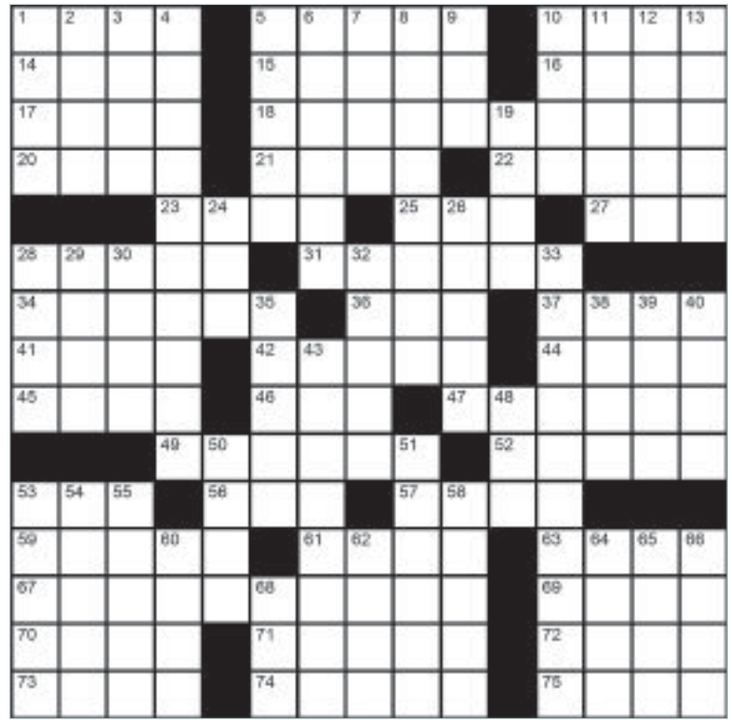
♑ Capricorn
Dec. 22 - Jan. 20
You need to give yourself a bit more space and find ways to spend time on your own. There are so many things that need doing this month and your workload is sure to increase, so relax while you can.

♒ Aquarius
Jan. 21 - Feb. 19
Make time for your nearest and dearest today. Your work schedule may be punishing but even if you get through it all it won't bring you anywhere near the satisfaction that spending time with your loved ones does.

♓ Pisces
Feb. 20 - March 20
Some people will always be critical of your efforts and they are the people you should always ignore. You know they are driven mainly by jealousy, so pretend they don't exist — that will annoy them even more! SALLY BROMPTON

Crossword: Canada Across and Down

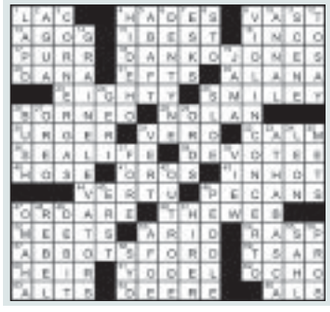
BY KELLY ANN BUCHANAN



Across
1. "__ sure you already know...": 2 wds.
5. ___ world record
10. Just about
14. Bible pronoun
15. Friend: Italian
16. Pledge
17. Pulls along
18. Ottawa-born impressionist: 2 wds.
20. Search
21. __ __ it (Is a conspirator)
22. Prairies product
23. Existence
25. Wynonna's sis
27. Yukon's li'l neighbour
28. Dog of Japan
31. The Book of __ (Show in Toronto)
34. Pronoun
36. Wee weekday
37. 'Def' suffix
41. General Robert _. __
42. Not now
44. Flimsy
45. Prophet
46. Island: French
47. Northern Pikes' "__ __ You Fool"
49. Fancy fabrics
52. Ms. Blanchett's
53. Toast topping
56. Jogged
57. Related
59. "The Untouchables" role, __ Ness
61. Betting card game
63. BMO competitor
67. Canada's __ (North of Toronto amusement park)
69. Lively circle dance
70. Barenaked Ladies song
71. Ill-fated luxury liner in 1956, Andrea __
72. British actor Clive
73. Not as much
74. Dishonest one
75. Some rodents

Down
1. Tourist __. (Places on postcards)
2. Boot alternative
3. "Thanks, ___ you one."
4. Stratford Festival play starting May 18th, The Three __
5. Traditional outfits
6. Marshall Mathers, to rap fans
7. Mr. Torres, Bon Jovi drummer
8. Canadian supermodel, Monika __
9. "You've Got Mail." co.
10. Chris of "The Good Wife"
11. Finished food
12. Attorney-__-__
13. Bookdom's Mr. Butler
19. "_ (__ Have Nothing)" by Tom Jones
24. Actress Ms. Field, to pals
26. Smug-looking smile
28. Actor Ed of "Daniel Boone"
29. Kid on "South Park"
30. 1989 Bad English hit: "When _ __ You Smile"
32. A lot
33. Journalism job: 2 wds.
35. CBC cooking show, "In the Kitchen with Stefano __"
38. Flapper's fabrication
39. Arrived
40. Gets by, just barely
43. MB city bordering SK: 2 wds.
48. Marie-Claire's 'here'
50. Mr. Johnson of "Laugh-In"
51. Ontario city on Lake Huron
53. Gem
54. Unaccompanied
55. Subcompacts
58. __ moment (Meant for a snapshot)
60. "What are the __?"
62. Swiss river, variantly
64. Cedar Rapids state
65. Poison singer, __ Michaels
66. Pepsi holders
68. Shortened streets

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3				5				4
	9			2			6	
1			4		6			2
7		3				2		5
		4	5		7	1		
9		5				6		8
2			8		3			1
	4			7			3	
8				4				6

Yesterday's Sudoku

5	4	9	1	2	3	6	7	8
8	2	1	9	6	7	4	5	3
7	6	3	8	5	4	1	9	2
1	5	2	3	7	6	8	4	9
6	8	4	5	9	2	7	3	1
9	3	7	4	1	8	5	2	6
2	7	5	6	3	1	9	8	4
3	1	8	7	4	9	2	6	5
4	9	6	2	8	5	3	1	7

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